



SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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COMCARE of Sedgwick County Offers Tips for Maintaining Mental Wellness

(Sedgwick County, Kansas) - Mental health is something everyone wants. It is happiness, peace of mind and satisfaction in life. Mental health affects everyday life. It affects work, family, school, social circles, and the community. It involves the way that each person balances his or her needs, ambitions, abilities, ideas, feelings and conscience in order to meet the demands of everyday life.

With a better-educated public and with more emphasis on prevention, more and more people are focusing on establishing good physical and mental health. And as many people have come to realize, physical and mental aspects of our health are very much interconnected. What affects one influences the other.

The motivation for mental fitness should be simple, use it or lose it. More and more men and women are opting for mental workouts even as they find time for physical fitness. Staying mentally fit, means staying young.

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COMCARE of Sedgwick County offers these tips to help maintain mental wellness:

- Exercise and eat a healthy diet.
- Participate in recreational activities and maintain social contacts.
- Volunteer or develop hobbies.
- Read newspapers, books, magazines, or other materials.
- If you drink alcohol, do so in moderation.
- If you smoke, quit.
- Enroll in a stress management class or read self-help books. You can also find helpful information on the Internet.
- Listen to music, meditate, and practice relaxation skills.
- Use your social supports (family and friends) during tough times.

“It is always important to keep a positive attitude,” said Sedgwick County Commission Chairman Ben Sciortino. “By keeping both our minds and bodies active, we can stay in better health, physically and mentally and accomplish more.”

If your feeling stressed, experiencing anxiety or depression and think you need professional help, call COMCARE of Sedgwick County at 660-7540 for assistance.

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